

**Minutes**  
**South Carolina Advisory Council on Aging**  
**March 6, 2013**  
**10:00 A.M.**

The March 6, 2013 meeting of the SC Advisory Council on Aging was called to order by Dr. James Bouknight, Chairman, at 10:00 AM in the Large Conference Room at the Lt. Governor's Office on Aging.

**Members Present:** Dr. James Bouknight, Shelby Phillips, Lamar Bailes, Norma Curtis, Dr. Mary Tepper, Margaret Brackett, Patricia Jones, Mary Henry and Timothy Davis.

**Members Not Present:** Kay Maxwell and Moye Graham.

**Lt. Governor's Office Staff Present:** Lt. Governor McConnell and Debbie Hammond.

**Guest Speaker:** Dr. Shilpa Srinivasan, Geriatric Psychiatrist

**Office on Aging Staff Present:** Director Tony Kester, Deputy Director Susan Theriot, Gerry Dickinson, Dale Watson, Denise Rivers and Julia Norwood

**Dr. Bouknight read the Freedom of Information Pledge:** *"This body's official minutes will indicate that this meeting is in compliance with the Freedom of Information Act's mandate that the public be notified when the public's business is being done, and that this facility is accessible to individuals with disabilities, and special accommodations could have been provided if requested in advance."*

**Approval of Minutes:** Mary Henry made a motion to approve the meeting minutes and Dr. Mary Tepper seconded the motion. The minutes from the December 3, 2013 were approved.

**Tony Kester, Director of the Lt. Governor's Office on Aging:**

Tony Kester explained the impact of the 5% sequestration on SC. They will Hold Harmless for states that have had significant growth which means we will likely face cuts up to 12%. We are looking at a 1.5 million dollar reduction in federal funding. While we have asked for more funding on the state level, we will likely see a net loss in funding for our agency.

Director Kester will be attending the Annual MUSC Aging Research Day which will focus on Maintaining Cognitive Health with Aging Healthy Aging and Age-Related Disorders. The event is Friday, March 8 at Charles Towne Landing. They will have approximately 100 attendees and several speakers presenting the clinical aspects of aging. Director Kester will be speaking on caregiving in our state and the limited options for our elderly.

**Lt. Governor Glenn McConnell:**

The Lt. Governor remarked that he had just left Disability Day at the State House where there were hundreds of supporters who had made an impact on the Legislature. By putting empty shoes on the State House steps, they had personalized the huge number of citizens who suffer with disabilities, which is what his mission has been for the past year – to personalize the focus on aging and to bring awareness to the Legislature of the great population explosion we are facing and the fact that we are

unprepared for the Silver Tsunami which is coming. There are not enough resources for everyone and it is vital that we have a strategic plan for our future. Currently there are 8,000 elderly citizens waiting for Medicaid beds and his goal is to close that waiting list. One problem we face is that people are not aware of the resources we can provide and it is vital that we find a way for the elderly to access the services that are available.

He has been reading and studying the Affordable Care Act, the Keiser Report and the regulations and understands that we must get ahead of this huge growth in our population and adopt the best practices for the future.

He praised the Committee for their hard work and stated he would replace the current vacancies with people who could make a difference with our Sr. Citizens. He also stated that he had recently appointed members of the Legislature to the Joint Legislative Committee to Study Aging who would work with the Legislature to increase funding for our elderly.

He asked the Advisory Council to make every effort to get the word out about our dire situation by speaking to churches and civic organizations about the mammoth task we have in providing necessary services for our expanding Sr. Citizen population and to build a volunteer network of those willing to help.

**Mrs. Norma Curtis** commented that while we have done everything to attract retirees to our state, we are not prepared to take care of them as they age. She also pointed out that we need to help not just the lower income elderly, but also the middle class elderly. Mrs. Curtis gave the example of a couple from her area who were both retired school teachers and had recently celebrated their 70<sup>th</sup> Wedding Anniversary. Unfortunately, the wife was no longer able to care for her husband and she was forced to put him in a nursing facility. She does not drive, so has no way of visiting him. They have contributed their entire lives to educating students in our state, have paid their taxes and are now using what little savings and income they have to pay for a nursing facility.

**Mrs. Shelby Phillips** commented that she is undergoing dialysis in Florence and has personally seen the problems of our transportation system. This is a tremendous issue, especially in our rural areas. Often patients are picked up at 4:00 a.m. and not returned home until late in the afternoon. Meanwhile, the vans are in the parking lot with their engines running. There should be a more efficient way to deliver more patients in a timely manner.

**Mr. Tim Davis** commented that he agreed. He often sees patients who are literally stuck at the clinic all day and have no food to eat. Many of these patients are diabetic and need to eat regularly to maintain their insulin levels. Mr. Davis recommended that we provide meals and snacks for those who are at the clinics for long periods of time.

**Lt. Governor McConnell** shared his own frustrations with the transportation issue, DHEC regulations and the general lack of common sense. One size does not fit all whether it's dealing with transportation, home care or health care.

**Dr. James Bouknight** introduced our speaker, Dr. Shilpa Srinivasan. Dr. Srinivasan is a noted Geriatric Psychiatrist with University Specialty Clinics specializing in Geriatric Depression.

**Dr. Shilpa Srinivasan** gave an excellent power point presentation on “Boomer Blues” which addressed the “Silver Tsunami” and the different types of depression that the elderly are likely to experience. Untreated depression can often turn into dementia, so it is critical that our Sr. Citizens have thorough exams with their health provider and not just a fifteen minute check-up.

**Mr. Tim Davis** asked if there was a study on men and depression and the increased number of suicides in older men. Dr. Srinivasan answered there were several such studies. He also noted that Social Workers are often the first to see signs of depression in the elderly, however they have no authority to refer patients for psychiatric care. It is critical that the Primary Health Care provider be aware of any sign of depression.

**Ms. Patricia Jones** also expressed her concern over her neighbor who showed signs of depression and how to handle that. Dr. Srinivasan explained that with the new health care act, we would have more Patient Centered Medical Homes which would offer a full array of different doctors who would be available for “Team Visits” which would offer a “Master Plan” for health care.

**Dr. Bouknight** thanked Dr. Srinivasan for her presentation. The committee was most impressed with her presentation as well.

**Mrs. Margaret Brackett** gave her report on the Public Information and Education Committee. While they have been inactive for the past 6 months, the PR committee does stay in touch with the Office on Aging. She also announced that Dr. Mary Tepper was honored in December as the 2012 Carolos Salinas Award recipient and the Seal the Gap Award for her contribution and support of efforts to improve the oral health of the citizens of SC. She expressed the importance of talking with your legislators and also asked that the Council be given more opportunity to act as Ambassadors for our office.

**Ms. Mary Henry** commented that there was great change in the future as we now have a Lt. Governor who is pro-active and has taken this responsibility on as his mission. **Special Guests:** Dr. Bouknight introduced Dr. Juliet Glover as one of his colleagues. He also introduced Cat Angus and Anne Wolf and thanked them both for sitting in for Dale Watson and Denise Rivers, respectively.

**Mrs. Norma Curtis** commented that over the last two years her local Board of Directors for Sr. Centers have spent money questionably and she is concerned of unnecessary and wasteful spending. However, they have no authority over the local boards and we must be more accountable. Susan Theriot answered that much of that would be addressed when we have the Policy and Procedures Manual. While each COG is independent, this will raise the standards on how clients and providers are selected.

**Next Meetings:** September 4, 2013, December 4, 2013

**2013 Meeting Dates:** March 6<sup>th</sup>, June 5<sup>th</sup>, September 4<sup>th</sup> and December 4<sup>th</sup>.

With business concluded, Chairman Dr. James Bouknight adjourned the meeting at 12:45 p.m.

Respectfully submitted by Julia Keenan Norwood